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line 26, change "pillow-like" to --cushioned--;

line 29, change "pillow-like" to --cushioned--;

line 31, after "former" inset --fields--;

line 34, change "pillow-like" to --cushioned--; and

line 35, change "pillow-like" to --cushioned--.

Page 11, line 4, change "pillow-like" to z-cushioned--.

IN THE CLAIMS:

Please cancel claims 1-20 without prejudice or disclaimer of the subject matter

thereof.

Please add the following new claims:

21. An inner sole of a shoe, comprising:

a sole base body defining a sole surface and having a forefoot joint area, a metatarsus/tarsus area, a metatarsus/heel transition area, a heel area, and a plantar arch area;

a sole cover layer;

a first cushioned layer provided in said forefoot joint area;

a second cushioned layer provided in said metatarsus/tarsus transition area;

and

a third cushioned layer provided in said metatarsus/heel transition area,

wherein:

said first, second and third cushioned layers are provided for aiding the

venous outflow of blood;

said first, second and third cushioned layers are each divided into individual

plateau-like fields, separated from but positioned next to each other in the transverse direction of said sole surface;

each cushioned layer defines a surface, which together approximately forms a plane with said sole surface; and

said sole cover layer covering said surface of each cushioned layer and said sole surface.

22. The inner sole as defined in claim 21, further comprising:

a fourth cushioned layer provided in said heel area, said fourth cushioned layer defining a surface which is plateau-shaped and approximately forms a plane with said sole surface.

23. The inner sole as defined in claim 22, wherein said fourth cushioned layer is evally homogenous in the transverse direction of said sole base.

24. The inner sole as defined in claim 22, further comprising:

a fifth cushioned layer provided in said plantar arch area, said fifth cushioned layer being in the shape of a sickle.

- 25. The inner sole as defined in claim 24, wherein each cushioned layer is recessed in said sole base body.
 - 26. The inner sole of a shoe, comprising:

a sole base body, defining a sole surface and having a forefoot joint area, a metatarsus/tarsus area, a metatarsus/heel transition area, a heel area, and a plantar arch area;

a sole cover layer;

a first cushioned layer provided in said forefoot joint area;

Cont and

a second cushioned layer provided in said metatarsus/tarsus transition area;

a third cushidned layer provided in said metatarsus/heel transition area,

wherein:

said first, second and third cushioned layers are provided for aiding the

venous outflow of blood;

said first, second and third cushioned layers are each divided into individual plateau-like fields, separated from but positioned next to each other in the transverse direction of said sole surface;

each cushioned layer defines a surface, which are each raised with respect to said sole surface; and

said sole cover layer covering said surface of each cushioned layer and said sole surface.

27. The inner sole as defined in claim 26, further comprising:

a fourth cushioned layer provided in said heel area, said fourth cushioned layer defining a surface which is plateau-shaped and is raised with respect to said sole surface.

28. The inner sole as defined in claim 27, wherein said fourth cushioned layer is ovally homogeneous in the transverse direction of said sole base.

29. The inner sole as defined in claim 27, further comprising:

a fifth cushioned layer provided in said plantar arch area, said fifth cushioned layer being in the shape of a sickle.

30. The inner sole as defined in claim 29, wherein each cushioned layer is recessed